Eleanor P. Jones, 14 Darte Avenue, Carbondale, Pa.

January Ways with Beef

When serving broiled flank steak, cut the slices on the slant and the west will seem far more tender.

an old time country butcher, pedaling meat from Cottage to cettage at a mountain lake resort made the following valuable puggestion

an eggless spirocake used successfully in our family for three generations and lovingly called bunt Maggio's Spiro Cake

I cup water or wed coffee

1 cup sugar

I tablespoon land or bisco

1/2 teaspoon salt

1/2 leasporn close

I leagon unnamon

· 1/2 cups raising

Bois together for a few menutes then coal, add a cupo flows and I beageon soda dissolved in a senses amount of males. Bake at 350° 6 375° for on town (In Pyrey take at 200)